

Oil of Evening Primrose (e.g.: Efamol):

Can considerably reduce tiredness, depression, mood swings and fluid retention. Dosage: two to three (500mgs) capsules twice daily.

It can be beneficial to try both of these products together if one of them does not help on its own.

PLEASE NOTE:

- Make sure that you are not pregnant before starting treatment. A pregnancy test is advisable.
- Barrier methods of contraception should be used during treatment, as Danol is not a contraceptive.
- Periods generally return four to six weeks after completion of treatment.
- It is advisable to have one period before trying for pregnancy.
- Symptoms may return following treatment particularly in cases of severe disease, e.g.: deep disease involving the bowel, bladder, ureter, pouch of Douglas. Surgical resection using specialist surgical skills are generally required to remove this. See other leaflets on surgery.

Other drug leaflets available from Endometriosis SHE Trust (UK):

Dimetiose (Gestrinone); DLPA (Phenylalanine); Duphaston (Dydrogesterone); Mirena Coil (Levonorgestrel); Primolut-N (Norethisterone); Prostag SR (Leuprorelin Acetate); Provera/Depo-Provera (Medroxyprogesterone Acetate); Suprecur (Buserelin); Synarel (Nafarelin); Utovlan (Norethisterone) and Zoladex (Goserelin).



© **DANOL (DANAZOL)**

Danol (Danazol) for the treatment of endometriosis

Danol is made by Sanofi Winthrop Limited. It is now a second line treatment for endometriosis and is generally prescribed when other treatments have been tried and proved unsuccessful.

What is Danol?

Danol is a synthetic (artificial) hormone called an androgen, which means that it is a male type hormone, and is similar to progestin.

Danol can also be used for the treatment of:

Heavy, painful periods
Recurrent breast cysts
Breast pain at period times
To thin the uterus lining before surgery where the lining of the uterus is ablated (surgically removed using laser)

How Danol works:

Danol works directly on the ovaries by suppressing (damping down) the production of oestrogen and progesterone by the ovaries.

Danol also has an indirect action on the hypothalamus (an area of the brain that controls body temperature, thirst and hunger) as well as inhibiting (preventing) the production of gonadotrophin (sex hormone) by the pituitary gland (gland situated at the base of the brain).

The treatment will therefore trick the body into a pseudo (false) state of menopause causing the deposits of endometriosis to shrink.

Administration and dosage of Danol:

Danol comes in capsule form in strengths of 100mgs and 200mgs per capsule and is taken orally (by mouth). The usual range of dosage is 200mgs to 800mgs daily in up to four divided doses. The dosage will depend on the individual patient as well as the preferences of the medical practitioner. Danol should be started on the first day of the monthly cycle to avoid exposing a pregnancy to the side effects of Danol. The most common dosage of Danol for endometriosis is 400mgs daily for six to nine months. Dosage may need to be increased if bleeding continues after two months treatment or in severe cases of disease.

Danol is not suitable for the treatment of children or the elderly.

When Danol should not be used (contra-indications):

Pregnancy	Lactating women (breast feeding)
Liver disease	Undiagnosed abnormal vaginal bleeding
Heart disease	Women with thrombosis
Androgen dependent tumours	Kidney disease

Precautions in the use of Danol:

Diabetic patients should be regularly checked as Danol can cause insulin resistance.

Patients on anticoagulation treatment must be closely checked. Danol can potentiate (increase) the action of Warfarin.

Patients with high blood pressure need regular blood pressure checks as Danol can cause fluid retention, and can oppose the action of some anti-hypertensive drugs (drugs for lowering blood pressure).

Make the medical practitioner aware in cases of:

Epilepsy	Cancer
Migraine	Porphyria
Polycythaemia	

Reaction of Danol with food/alcohol/drugs:

Danol has not been reported to have any interactions with food. There are some reports that Danol may interact with alcohol causing nausea and shortness of breath.

Danol may interact with the following drugs:

Gonadal steroid therapy	Anti-diabetic therapies
Anti-coagulant therapy	Anti-hypertensive therapy
Cyclosporin (used in cancer)	Migraine treatments
Ethyl alcohol	Alfacalcidol (vitamin D)

Side effects of Danol:

As with all drugs, Danol may cause side effects. The main effects experienced are those associated with the menopause as the body has been tricked into a pseudo (false) menopause.

Commonly reported side effects:

Acne	Hot flushes	Visual disturbance
Cramp	Back pain	Bloating
Jaundice	Weight gain	Reduction of breast size
Spotting	Joint pain	Changes to sex drive
Headache	Voice changes	Dysuria (painful urination)
Constipation	Gastric upsets	Greasy skin
Breast tenderness	Pelvic pain	Uterine pain
Dyspareunia (painful intercourse)		Oedema (fluid retention)
Hirsutism (hairiness on face and body)		

Other reported side effects:

Vaginal dryness	Skin rashes	Sun sensitivity
Tremor	Palpitations	Changes in skin pigmentation

As with all treatments, you may have no side effects at all, or you may have a few but it is rare to experience multiple side effects.

Do remember to report any side effects to your medical practitioner and ask for advice.

N.B. It is **very important** to report any unusual increased hair growth or deepening of the voice. If this occurs the treatment should be stopped after it has been reported to your medical practitioner.

Help with the side effects of Danol:

It is possible to reduce some of the side effects of Danol by taking supplements at the same time, e.g.:

Vitamin B6 (pyridoxine):

Can help to reduce tiredness, depression, headache and fluid retention. Take Vitamin B complex with Vitamin B6 included to help keep the vitamins in balance. Dosage: 100 to 150mgs daily (50mg tablets two to three times daily). Do not exceed 200mgs daily.